

July 2007

ACS Information 531-1941

FRC Information 531-9426

HOPE LINE: 531-HOPE (531-4673).....SEXUAL ASSAULT HOTLINE: 531-1848.....VICTIM ADVOCACY HOTLINE: 531-6333

Anger Management

A lunch hour workshop designed to define anger, its causes and effects and to learn ways to reduce the effects. **531-0636 / 1938**

Budget and Bank Account Management Class Class designed to develop budgeting skills and bank account reconciliation.

Car Buying Class A class providing tips for buying a car that would help you avoid the purchasing potholes, salesmen tactics and scams. **531-1897**

Child Crafts Arts and Crafts class for toddlers. **531-1895**

CONUS Brief Required briefing for those soldiers PCSing for the first time within the US. Spouses are welcome. Provides information on what to expect and how to prepare for a PCS move. **531-6952**

EFMP Summer Swim Recreation Swim Fiesta for EFM Families at the 50 Meter Pool. **531-2840**

ESL English as a Second Language. For those wishing to learn English or improve their English language skills. **531-1895**

Family Advocacy Committee Meeting Review of Family Advocacy Program by installation leaders. By invitation only. **531-1938**

Game Night A casual evening for anyone interested in learning and/or playing board games and meeting new people. On site childcare provided at no charge. **531-1938**

Korea, Germany & Hawaii Briefs Required briefing for those soldiers PCSing to those OCONUS locations. Spouses are welcome. Provides information on the host country and military resources available. **531-6952**

Mothers' Support Group A support group designed to provide encouragement for mothers of children between the ages of pre-birth and three-years old. Every four-week session offers a new topic of interest. Topic – Flower Arrangement **531-1938 / 7065**

Newcomers' Orientation

Required for all soldiers newly assigned to Fort Polk. Spouses are welcome and encouraged to attend. Information regarding each major agency on post is presented. On site childcare provided at no charge. **531-6952**

Practical Application of Intimate Relationship Skills (PAIRS) Class

A marriage education program for couples. Topics and techniques include: communication skills, dealing with conflict, understanding the "self", intimacy and nurturing the couple bond. Free childcare. **531-1938**

Play Morning

Structured play for parents and children in a group setting. Activities include story time, crafts, music and more. Ages 4 and under. **531-1938**

SNAP A special needs accommodation process by invitation only to assist children who have special needs with the best educational process in child and youth services to meet those needs. **531-2840**

Sponsorship Training

A class designed to teach how to be an effective sponsor for a newly arrived service member or family. Provides information regarding available installation resources to assist families. **531-6923 / 6952**

Strengthening Stepfamilies A workshop designed to teach parents how to build a successful stepfamily. Parents learn how to create harmony and stability in their stepfamily while raising responsible, courageous children. Free childcare. **531-1938 / 4858**

Stress Management Class A lunch hour workshop designed to help understand what stress is, its symptoms, causes and to learn ways to reduce the effects. **531-0636/1938**

Toddler Play

Unstructured playtime for children ages birth to 4 years. **531-1895**

Waiting Spouses

A support group for spouses separated from their soldier due to deployment, extended TDY or unaccompanied tour. Includes crafts or activities. Onsite child care provided at no charge. **531-6923 / 6952**

1st Term Financial Class

Required class for soldiers in their first enlistment. Spouses are welcome. Teaches basics of financial management, to include: budgeting, credit reports, life insurance, check book management. **531-1957 / 1958**